

**QC**

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Why you should read  
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# A MASTERPIECE IN MAKEUP

SARA LINDSAY'S INTERNATIONAL CAREER  
HAS TAKEN HER BACK HOME IN STYLE  
**P. 4**

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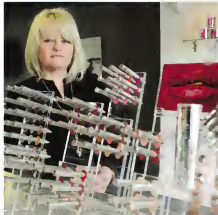
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## # ON THE COVER P. 4



Seia Lindqvist is the master-lead-ordinator for Saskatchewan Fashion Week. QC PHOTO BY BRIAN SCHLOSSER

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Laura McCall, owner of Body-Fuel Dynamics, packs produce boxes for delivery to customers, part of a growing trend of community supported agriculture (CSA) growing in the province. QC PHOTO BY BRIAN SCHLOSSER

## QC COVER PHOTO BY BRIAN SCHLOSSER

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# ON THE COVER

Our community in general is small but the creative community is really big.

— Sara Lindsay

# SASKATCHEWAN FASHION WEEK

## Lindsay's makeup career started by accident



Part gals for Saskatchewan Fashion Week's makeup coordinator Sara Lindsay (right) include Landon Fashion Week and the Loto Awards. She'll be at Fashion Week in New York this fall. [9c.leaderpost.com/saskatoon](http://9c.leaderpost.com/saskatoon)

By Ashley Martin

For models who've walked yet black-powdered a black background? Their hair, makeup and wardrobe pop from the foundations, gilded gold reveal.

It's a striking look, and one Sara Lindsay, hair stylist, Alaska, Lindsay doesn't shoot for years. She wanted to create the effect of a magnet attracting metal objects.

Lindsay finally executed the project last February on a 21-hour marathon at Kinross Island's photography studio in Regina.

The aptly named Black & Gold, for which Lindsay won a Mirror Award last month (April 30), is just what Saskatchewan Fashion is all about: collaboration from all parts of the province.

She employed interns, Edge Agency models from across Saskatchewan (including Moose Jaw), fashion designer Larrie Rivers and makeup artist Holly Decker, both from Saskatoon, and veteran makeup artist Sara Lindsay from Regina.

"I felt like a project of this level, it needed to have the best of the best," said Lindsay.

That's why she called on Lindsay. "She is a master (in the craft) of makeup. She just has the ability to almost create a masterpiece, just of things you would never think," said Lindsay. "She just does it in a different way and it just gives it an above and beyond kind of look."

The team's assembly was, in part, thanks to the Mirror Awards three years ago, when Lindsay, Lindsay, Lindsay and SPW co-founder Chris Pritchard were just four Saskatchewan event finalists seated at the same table.

"Most provinces are, like 'That's

my competition,' where we're like, 'Let's network,'" said Lindsay.

Fashion is thriving in this province; it's how we can fashion two major fashion internets, both about to host their third annual event (Saskatchewan Fashion Week in May 6-10 and the Saskatoon Fashion and Design Festival runs May 16-18/19).

"Our community in general is small but the creative community is really big," said Lindsay. "Everyone just wants our industry to grow."

"It kind of reminds me of a flower, where we bloom together," said Lindsay, who is returning to SPW this year on Thursday night's lead hair stylist. "It just feels like we're really part of a bigger picture by coming together and creating one big show."

\*\*\*\*\*

It's ironic. The thing that has defined Sara Lindsay's career is not something she feels defined her.

For almost two decades, Lindsay has made a living with makeup — doing personal consultations, selling products, making up brides for their big day and fashion models for photo shoots and runway shows.

It kind of reminds me of a flower, where we bloom together. It just feels like we're really part of a bigger picture by coming together and creating one big show. — Alicia Souther

ALICIA SOUTHER AND SARA LINDSEY PERFORMED AT THE 2013 MIRROR AWARDS FOR BLACK & GOLD. PHOTOGRAPH BY JEFFREY M. HARRIS



Alicia Souther created the concept and wore a Mirror Award for Black & Gold. She worked on the project with Sara Lindsey, Leanne Brown and Holly Giesler. SOUTHER/TTBOWEN

Though her work keeps on coming, she doesn't push it too — she actually doesn't wear much herself.

"I'm so, so busy that I don't spend time on my makeup," she said with a laugh.

She believes makeup is a tool for enhancing natural beauty, it's something she wants to pass on to her eight-year-old daughter, Bailey.

"I don't want her growing up feeling like that's something she needs to wear to leave the house," said Lindsey. "I don't feel that way, so

I hope that leading by example will stick to her."

"She should feel beautiful without it and without being strapped to it... It should never be something that defines you."

"Her hair beauty is more than skin deep. She uses her talent and her gift to reach people's lives," said Poo Kieki, a client of Lindsey's.

Lindsey was named makeup artist of the year at the 2013 national Mirror Awards and a runner-up in 2012. Continued on Page 8

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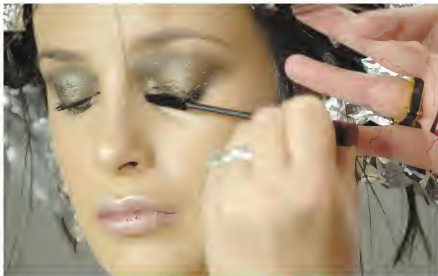
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She is an artist. It's a medium of the human body and she really brings out the best in people.  
— Pam Klein



Sara Lindsay applies makeup on Jodi Nadeau. Lindsay was named makeup artist of the year at the 2013 national Mirror Awards. In 2012, she won a PWGA Women's Distinction award. QC PHOTO BY MICHAEL BELL

Her award-winning project was the product of 18 hours of work. She employed the talents of fellow artist Emerson Bille to create the illusion of a face stretching through skin.

Though she was "frightened" by the idea, she doesn't hold her mouth stock in the mouth.

"It is so subjective," said Lindsay. "There's hundreds of makeup artists in our industry who could have won it too."

In 2012, Lindsay was the PWGA Women of Distinction award for entrepreneurship and innovation and

was nominated for a Meyer's Arts and Business award.

Her past gigs have included the prestigious London Fashion Week and the Aveda Awards, and she's heading to New York this fall to work behind the scenes at Fashion Week.

Given all these accolades, it is interesting to note that Lindsay was not a career cosmetician while growing up in south Regina. She was more interested in sports — dancing, synchronized swimming and basketball. She was, and still is, "obsessed" with roller skating — "I'm trying to talk

my husband into opening a roller rink."

Added Lindsay, "I was never a makeup girl. I thought it was pretty, but I didn't ever think of it as a career."

Actually she had no idea what her future would hold. She considered becoming a graphic designer or a hair stylist but wasn't passionate about either idea. She knew only that her career would have to be creative in some way.

She was working as a bartender and server in Calgary when a spa

manager friend hired her as an Aveda officer. This friend, who was also a makeup artist, asked if Lindsay would learn the basics as a favour.

"I started doing makeup and I started loving it," said Lindsay. "It all kind of happened by accident."

In 2001, she moved to the U.K. and spent eight years learning about the makeup industry, touring at four fashion makeup academies (three in London), working at MAC Cosmetics selling and applying product as a regional associate, and freelancing.

Through networking, she landed

gigs at London Fashion Week and the London Clothes show, working behind the scenes to make up models (Liberty Ross was one) for such designers as Dior and Gucci.

Working in London helped her to discover the creativity of fashion makeup.

"It's taking everyday looks and pushing them to the limits. So that it looks unusual but somehow it still looks beautiful and your eye can't figure out why," said Lindsay. "It's getting away from the traditional and more into the obscure."

It's taking everyday looks and pushing them to the limits. So that it looks unusual but somehow it still looks beautiful and your eye can't figure out why. —Lindsay



Alice Seider, a SPW's look/hair stylist for the Thursday night show *Up Pretty* by MICHELLE SENG

"She's really editorial and high fashion," said Seider. "She does very edgy stuff, and it's hard to do as a makeup artist or a hair stylist. It takes total a lot of skill to put them."

Lindsay loves the transformation involved in fashion makeup, pushing the limits. But she loves traditional beauty makeup too.

In her day-to-day work with clients it's about "creating a look for them that doesn't cover up or mask them or change them dramatically. It's just finding beauty in their face and just enhancing that. Just pushing the best version of them."

"She is an artist. It's a medium of the human body and she really brings out the best in people," said Klein, who recruited Lindsay for that *SPW*CA Women of Distinction award.

Klein, president of Regina ad agency the Phoenix Group, met Lindsay when the makeup artist offered to support the Power of Pink fundraiser for breast

health. "She's always there to contribute and give back," said Klein.

♦ ♦ ♦

In June 1988, Lindsay and her husband Brad McElroy moved back to Regina. They wanted to raise their daughter Abby then live in their home town, where she'd grow up around family.

Though it meant sacrificing some career opportunities, Lindsay doesn't regret the move at all.

"It's one of one, half a dozen of the other," she said. "For what I left behind, I gained something else."

Being home allowed Lindsay to realize a dream of opening her own store, something she says would never have happened in London.

It took only six months to outgrow her at-home setup. Then three years to outgrow her small Warehouse District

shop, which was open by appointment only.

After 15 years of searching for a storefront, the husband-and-wife team & Abby decided to close the Mill Avenue location, just blocks away from Lindsay's childhood home.

The new location is a warm and welcoming space that's all once modern and featured with sparkly white and grey walls that display artwork of Lindsay's own makeup designs, white leather bar stools, and white counter tops on which colorful products are arranged.

Music plays throughout the day whenever struts her booty. A 24-hour music fan, Lindsay's tastes range from West Coast jazz to electronic to R&B to pop.

Her makeup techniques are just as diverse. At times, fashion or other art forms spark her designs. Other times it's completely spontaneous, "she's not knowing what the hell you want to do."

Continued on Page 8

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Fashion week looks are typically really polished but not excessive. There might be an element of drama somewhere on the face but it's not overdone. — Lindsay

#### LINDSAY LIKES

Sara Lindsay's top 5 brands  
 Ellis Hawa for foundation  
 Aveda for hair and skin  
 Kjaer Vebø makeup line  
 Kollene for skin  
 Kevyn Audeon for colour palette

Sara Lindsay's top 3 influencers  
 Pat McGrath  
 Kevyn Audeon  
 Lori Bour  
 Charlotte Tilbury  
 James Mulvey

#### SW DESIGNERS

32 Fresh — Regina  
 Annaworth Designs — Regina  
 Answer Home — Regina  
 Cresti Denier — Regina (Dunbar Schinnerer)  
 Chico & Griffin — Regina (Oliver Sogasek)  
 Queen Serenwick — Regina  
 Elegance Couture — Regina  
 FT Design Fashion — Regina (Tatiana Telenikova)  
 Hillberg & Berk — Regina  
 Joyce Weil — Swift Current  
 Katherine Schinnerer — Regina  
 Kato Clothing — Regina (Ashley Kasdorf)  
 Laurie Bouvier — Saskatoon  
 Mendenhall Designs — Whetters  
 Netelle Kulichenko — Regina  
 Perleth Design — Timone (Linda Proyle)  
 S by Shania Cotton Kermode — Regina  
 Sage Woodville — Regina  
 Sew Design — Saskatoon  
 Theme & Variation — Regina (Anastasia Pearce)  
 War Paint by Stevie Crowne — Vancouver/Saskatoon

#### SW RETAILERS

Code Style Lounge — Regina  
 Code Clothing and Shoes — Regina  
 Colin O'Brien Marni Shoppe — Regina  
 Nanwood — Regina  
 Queen of Fashion House — Regina  
 Style & Song — Regina  
 Studio 5 Fashion House — Regina  
 The Vintage Vault — Vancouver  
 Zia's Boutique — Regina

Occasionally past fashion shows from designers (look west from reg) Annaworth, Answer Post, Kato Clothing, Laurie Bouvier, Joyce Weil, 32 Fresh, clothing design, S by Shania, Kermode clothing design and James Mulvey



Of course that's not the case during Saskatchewan Fashion Week.

Lindsay is in her third year as SFW's makeup coordinator and is the key artist for Friday night's runway shows.

The key artist creates a look

which is copied by support artists so each model looks the same.

She'll show the six artist support team for Thursday and Saturday night's shows.

The 18 designers and retailers showing each night have one group

of models. The challenge is to create one look that will complement every one, from the sporty 32 Fresh to the elegant Natalie Schinnerer.

"We don't want the makeup to stand out over the hair and the wardrobe," said Lindsay.

It's also a challenge to create a strong look that stands up to bright lights without the garishness of stage makeup.

A runway look can be pretty clean, modern, sleek and — you don't want it to look overdone," said

Lindsay. "Fashion week looks are typically really polished but not excessive. There might be an element of drama somewhere on the face but it's not overdone."

amw@lindsaypost.com  
 Twitter: @amw@lindsaypost



# IN THE CITY

■ APRIL 30, 2014 — 11:32 A.M.

## Setting up shop



Margaret Robertson (left) and Marian Powell work on setting up their booth at an upcoming Strawberry Fair at St. Paul's Anglican Cathedral in Regina. QC PHOTO BY GUY HEALEY



# Naturopathic Medicine: a primary health care system

by Hilary Klassen  
of KP Creative Features

If your child has a sore throat, do you take him or her to a walk-in clinic for conventional medicine, or to a Naturopathic Doctor? What about chronic conditions that are not responding to traditional approaches?

Naturopathic Medicine is a distinct primary health care system that blends modern scientific knowledge with traditional and natural forms of healing. The goal of Naturopathic Medicine Week, May 12-18, is to raise awareness of what naturopathic medicine is, what naturopathic doctors do and how it can help individuals and families lead healthier and richer lives.

"As a primary health care provider we act as a first point of contact for patients, so patients come to see us like they would go to see their general practitioner," says Julie Zapp-Rutledge. Dr. Zapp is the president of the Saskatchewan Association of Naturopathic Practitioners (SANP), the body that regulates naturopathic medicine, comparable to the College of Physicians and Surgeons that regulates conventional medicine.

"We hire your family doctor. Come to us with all of those same types of concerns and complaints, whether it's a cold, the flu, a stomach ache or something more chronic, diabetes, MS, cancer, whatever it is," says Dr. Zapp. "As the primary point of contact into the health care system, we would decide from there, is the condition something that warrants further

testing, does it warrant referral to their medical doctor for referral to a specialist, a chiropractor, or a massage therapist?"

Naturopathic medicine has grown in Saskatchewan in the past decade from 13 to 35 practitioners. "That's very significant growth," says Dr. Zapp. "And now we've got better distribution over the province. We used to have the major centers covered and that would be about it, but now we've got naturopathic doctors in Moose Jaw, Swift Current, Prince Albert, Humboldt, Estevan, Yorkton, and Melart, which is really nice."

Naturopathic medicine uses different tools than conventional medicine, so that focus more on lifestyle, like healthy nutrition, botanical medicines, supplements, acupuncture, lifestyle counseling, exercise prescriptions, things that are more in line with the philosophy that the body can really heal itself that we don't need as many pharmaceutical interventions. "We're looking to really get to the cause of a condition as opposed to just treating symptoms," says Zapp.

SANP seeks to work hand in hand with conventional medicine. "There are definitely areas, specifically with regards to emergency medicine and procedures,

where conventional medicine truly shines," says Dr. Zapp. During the ten years she's been practicing in Regina she's noticed a huge shift toward acceptance by the conventional system for the naturopathic system, and now receives referrals from medical doctors. "There's a lot more willingness for them to work with us, but there's still a large number that aren't aware of what we are or what we do, and more than that, of the scope of the training that we have."

In fact, current legislation in Saskatchewan limits the practice of naturopathic doctors and Dr. Zapp says the SANP is working to update their legislation so that it reflects the scope of practice they are actually trained to have. Because of the limitations, some doctors are forced to travel out of province to receive the naturopathic treatments they need, such as prolotherapy, which could be obtained from practitioners here if legislation was updated, and would help take the burden off conventional health care. The current act dates back to 1978.

Doctors of Naturopathic Medicine

receive education at a high level. A couple of colleges in Canada offer the training. Dr. Zapp attended the Canadian College of Naturopathic Medicine in Toronto which offers a four-year post graduate program. Pre-naturopathic doctors cover courses similar to those of pre-med programs — things like bio chemistry, organic chemistry, anatomy, humanities, etc. Students in the post-grad program complete a clinical residency which includes satellite clinics affording graduates experience with different demographics of the population.

Naturopathic Doctors are primary care practitioners who integrate standard medical diagnostics with a broad range of therapies. They are experts in natural medicine and treat all health concerns from acute to chronic, pediatric to geriatric and physical to psychological.

The SANP invites you to celebrate Naturopathic Medicine Week by attending a free event in your area. Events may include a lecture, presentations, free samples, draws, analysis and more. Visit [www.sanp.ca](http://www.sanp.ca) to view an event calendar and additional details.

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Photo: Kristin Phillips/Dr. Babbitt & Dr. DiGioco

Photo: Kristin Phillips/Dr. Babbitt & Dr. DiGioco



# FASHION

Do you have fashion advice to share with our readers?  
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# SASKATCHEWAN STREETER FASHION

## Spring style in the province

By Dean Trumbolt

The sun has finally shined at Saskatchewan's first outdoor fashion show, and we're ready to get out there. But what's the look for the season? We asked some of the province's top street style influencers for their take on the new season's trends.

Dean Trumbolt is a freelance writer and photographer. He can be reached at [dean@trumbolt.ca](mailto:dean@trumbolt.ca).

### Emily Kohlert

Emily describes her style as "edgy and sexy with a little bit of girly." She's wearing a black leather jacket, a striped shirt, and denim shorts.

1. JACKET

I love a good leather jacket. This one is from a local store. It's a little bit of girly, but it's not too girly. I love it.

2. SHOES

I love a good pair of shoes. This one is from a local store. It's a little bit of girly, but it's not too girly. I love it.

3. SHOES

I love a good pair of shoes. This one is from a local store. It's a little bit of girly, but it's not too girly. I love it.

4. SHOES

I love a good pair of shoes. This one is from a local store. It's a little bit of girly, but it's not too girly. I love it.

Emily Kohlert is a fashion blogger and model. She can be reached at [emily@kohlert.ca](mailto:emily@kohlert.ca).

### Jardeth Hemmerling

Jardeth Hemmerling was in town for a Portland Assembly of Canada conference. He and some friends were hanging out at a nearby coffee shop.

He says this outfit is pretty typical of his style.

"This is pretty much it. Maybe, if it's colder (and it's not), or a scarf something like that."

"I play music and stuff, so you kind of have to dress for that. I like something that's practical. I'm not going to wear a suit and tie because it's not practical for everyday life."

1. JACKET AND SHOES

It's just a jacket. It's a falling apart on the inside."

2. PANTS AND SHOES

Ultimate. "My cousin bought them for me. I can't afford Ultimate clothes."

Jardeth Hemmerling is a model and actor. He can be reached at [jardeth@hemmerling.ca](mailto:jardeth@hemmerling.ca).



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**See inside for details!**

\*Coupons subject to change without notice.

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The city of Minot, known as the "Magic City" because of its sudden and rapid growth at the start of the 20th Century, is booming yet again. One of North Dakota's most important trading centers, Minot's thriving economy is a destination for travelers from surrounding states and Canada, who are all searching for a place to stay and relax in style. With the rise in tourism to Minot over the past few years, no other sector is feeling the magic quite like the city's hospitality industry.

Wendy Hesse, executive director of the CDR, wants to remind visitors that many new hotels have opened this year. Many are located conveniently close to Dakota Square Mall, with many others opening in the north end of the city. The majority of the new lodging facilities offer continental breakfast, pools, and managers receptive to the evening. Hotel managers are looking forward to showcasing their properties to Canadians and feel that it will be a perfect fit for family getaways, golf shopping trips or a couple's getaway.

"We are pretty excited about the opening of these new hotels. It gives the visitors more options," she says. "Also with the addition of all of these hotel rooms, which is about 1,900 more rooms, it keeps the rate down as well. We now see more rooms available at a better rate."

The new website makes planning a cross border road trip easy. One of the highlighted features is the hotel availability search. Although this becomes available before the luxury improvements, it continues to be a useful tool.

"Visitors can go in and put in the date they are planning to visit, and they will get a whole lot of available rooms. They can then make the reservations right from there," she said.

Another feature which is highly regarded is the My Map feature. This allows visitors to select the places they are interested in visiting (be it restaurants, shopping, and attractions) and add them all to a personalized map of the city. The itinerary is printable and includes contact information for each venue.

If these features weren't enough, a coupon section was also added. This new section of the VisitMinot website is expected to be a great benefit for Canadians over the summer months. The more dollars saved, means more left for fun things such as shopping.

"We have seen many hotels offering coupons on our section of the website, and these coupons are always changing so we encourage the visitor to check back often to see the new discounts," she said. "None of the coupons will add, and you'll present the coupon at the time of use; others may tell you to insert in the discount when making your reservation. I would encourage visitors to go to the coupon section of the website, under visitor information, and check out all of the discounts being offered."



## Minot Parks: THINK SPRING!

The summer sunshine is just around the corner and the Minot Park District is excited for the season ahead. The Roosevelt Park Zoo will open its doors on Saturday, May 3rd. We are thrilled for visitors to see all the improvements that will be coming to the Zoo in 2014. Construction has started on the Penguin & Otter Exhibits as well as the New Aqual.

The Souris Valley Golf Course has 18 holes open for golfers of all ages and levels to enjoy. To reserve a tee time contact us at 701-857-4195. The kids can also enjoy a round at Jack Hansen Wee Links, a real nine hole golf course designed specifically for kids.

The Roosevelt Park Pool along with the Oak Park Splash Pad is set to open on June 7th just in time for the weather to get warm.

For more information on our parks and trails please visit our website at [www.minotparks.com](http://www.minotparks.com) or contact our office at 701-657-4195. Make sure to tag your park photos at #MinotParks

Look for the Minot Park District seal and the high quality logo on all signs in our parks, trails and facilities.

Minot Park District  
Roosevelt Park  
Oak Park  
Souris Valley Golf Course  
Roosevelt Park  
Oak Park  
Souris Valley Golf Course

[www.minotparks.com](http://www.minotparks.com)

# MAKE A BREAK FOR MINOT!

## We're ready for you.

### Upcoming Events

#### May 8

**Minot Day celebration**  
Tulane Museum

Minot Day Celebration Wine and Cheese Tasting Event: 11:00 a.m. - 2:00 p.m. Tulane Museum 2 North Idaho Blvd. Eureka, Idaho. A beautiful event to be sponsored by Minot's Top Chapter Home Society of Minot.

#### May 8

**Tele. for night**  
Fargo's House  
Live music event

#### May 8 to 13

**Minot Foot Players: Over the River and Through the Woods**  
For tickets to this interior, hilarious and poignant look at gnomes on pins and needles, the Minot Foot Players will bring a ball and the touch the hearts of all audience members.

The dates: May 8 to 13 - 10:00 a.m. to 7:30 p.m.  
May 11 to 13 - 2:00 p.m.

The place: The Artisan Theater at 335 S. 2nd St. 50

**Admission:** \$18.00 to the door or by advance ticket

You may request reservations by email reply to this message, or email your request to [info@minotfootplayers.com](mailto:info@minotfootplayers.com). Items including your name, contact phone number, performance date, number of tickets, request 45 days in advance on any special needs.

Phone reservation lines open now. Call: 1-800-483-9121

Please let the reservation people know if you have special needs, and we will do our best to accommodate you.

#### May 8

**A night of stars: gnomes**  
Minot municipal auditorium  
A night of performances by Gnomes Gnomes gnomes.

#### May 8 to 13

**A storybook ball**  
Minot University  
Minot University  
Minot University and the North Dakota State and Idaho Theater present A Storybook Ball II

Performances will take place Friday and Saturday May 7th and 8th at 7 p.m. The Sunday May 9th performance will take place at 2 p.m.  
322 corner of Madison  
For more info, call 701-437-4235

#### May 12

**North Dakota State Fairgrounds - Grandstands**  
Opening Walk & Garden tour on the 1st mile dirt track at the North Dakota State Fairgrounds. For more details please contact: [reservations@minot.com](mailto:reservations@minot.com)

#### May 13

**Salute to some of walking the Minot**  
The Minot Area Senior Center presents Salute to Seniors. Lots of entertainment, hot food, vendors to visit and lots of door prizes. Cost \$15. Call 832-4354 for reservations.

#### May 14

**Theory of a Deception**  
North Dakota State Fair Center  
Tickets are available at Iggy's Music, Studio 54, and by calling 701-437-4235 or online at [www.jazztheatre.com](http://www.jazztheatre.com)

#### May 28

**MSU-Corvallis celebration**  
celebration and closing ceremony  
MSU-Corvallis  
The Class of 2010 & MSU's 100th graduating class. Join the president, faculty and staff in celebrating this centennial class' graduation. Special recognition and a community event will follow the ceremony.

#### May 27

**Minot walk to defeat ALS**  
Dwayne Carlson Stadium  
Hikes join us for a wonderful family event at our Minot to Defeat ALS. Dollars raised through this event will benefit The ALS Association. MINOT/703 Chapter which provides programs and services to people living with ALS and their families.

There is a fee and is higher for the late walk walk, but participants are encouraged to donate. Those who make a minimum of \$10 will receive an official Minot to Defeat ALS shirt. Registration begins at 8 a.m., with the Walk itself beginning at 10 a.m. Refreshments and entertainment will be provided. For more information, please visit [www.minotwalktodefeat.org](http://www.minotwalktodefeat.org), select North Dakota, then Minot, OR contact: Chelsea Carlson [chelsea@minotwalktodefeat.org](mailto:chelsea@minotwalktodefeat.org) or 437-4234 #204

#### May 28

**North Dakota State Fair**

#### May 28

**Paint the town red**  
Fargo's House & Fargo  
For more information or to register call the Fargo Museum of Art at 335-4444, [info@fargoart.com](mailto:info@fargoart.com)

#### May 28 to 30

**State Fair**

Continued on page 26

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# MAKE A BREAK FOR MINOT!

## We're ready for you.

### Norsk Høstfest readies for 37th festival

Now may think it's too early to talk about a fall festival. But you're not alone. Norsk Høstfest holds its 37th annual Sept. 30-Oct. 4 and the excitement of being in one's hometown is worth it.

Norsk Høstfest is North America's largest Scandinavian festival, in Indian Minot, N.D., and thousands attend for the great food, culture and world-class entertainment. This year marks the 10th anniversary which will be held Sept. 30-Oct. 4 at the North Dakota State Fairgrounds.

The event kicks off Tuesday evening (Sept. 30) with the opening ceremony followed by an evening concert with the Scania Orchestra, who will perform with the Minot Symphony Orchestra. "We like to have an evening something for everyone this year," said David Reine, Norsk Høstfest president. "Music is always a favorite, it comes now to the Great Hall stage like the legendary Eric Severson, whose performance is always even more special with the brotherhood of Minot's own symphony."

Also scheduled to appear at the Great Hall of the Viking over the next night and four days are the Scania Orchestra with the Minot Symphony Orchestra, David O'Connell, Gæster Vocal

Band, comedian Phil Engvall, country by David Høst-Høst, Jack Turner with special guest Danielle Bradbery singer Tim Thomsen, N.Y. pop band The Roots, David's band, Peter Jones, and comedy music artist Jennifer Høst. Tickets will go on sale May 11 and will cost \$42 for VIP seats and \$12 for regular seats. The Høstfest Concert tickets with Eric Severson will sell for \$18. Tickets can either be bought online at [høstfest.com](http://høstfest.com) by calling (701) 852-2368 or in person at 1331 S. Broadway Minot ND 58701.

#### ACCOMMODATIONS

The city of Minot has undergone tremendous growth and offers more than 10 hotels with plenty of rooms to offer Høstfest guests. In fact hotel rooms, simply go to [høstfest.com](http://høstfest.com), and enter the dates of your stay at the bottom of the page.

RV camping spots are also available for \$20 per night. Local host clubs and others also are eligible for reduced rates and special packages, which can be found at [høstfest.com](http://høstfest.com).

**ADDITIONAL ENTERTAINMENT & ACTIVITIES** in addition to the Great Hall entertainment, Norsk Høstfest offers five days with several events each day during the festival. Festivals will see a return of many of their favorites such as Sigrid Mathisen and Williams, E. Lee and copy new talent as well including the Nordic Triathlon, Swedish magicians to great E. Lee, and EXAMINER award-winning country group Diamond Ray. Former Secret Service agent Clint Hill and author Lisa McCullum are back with a presentation and their most recent book, Five Days in November. Kelly is also known as a triathlete by Gæster Vocal and Matthew Nelson, who returns for a second year.

Under great entertainment, Norsk Høstfest will spotlight Scandinavian culture, art, crafts, Nordic shopping, night dinners, and of course, great authentic Scandinavian music. Those looking for more interactive activities may want to visit the newly expanded Viking Neighborhood Village or stop to take a tour. In addition to food and drink, folk school classes.

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#### FOR MORE INFORMATION

Please visit [høstfest.com](http://høstfest.com), or call the Norsk Høstfest office at (701) 852-2368.

### 2014 GREAT HALL ENTERTAINMENT SCHEDULE

<b>Eric Severson</b> with <b>The Minot Symphony Orchestra</b> 7:00 p.m. • <b>Sunday, Sept. 30</b>	<b>Mark Haggard</b> 1 p.m. • <b>Friday, October 3</b>
<b>David O'Connell</b> 1 p.m. • <b>Wednesday, October 1</b>	<b>Jack Turner</b> With special guest <b>Danielle Bradbery</b> 7:00 p.m. • <b>Friday, October 3</b> (two shows)
<b>Gæster Vocal Band</b> 7:00 p.m. • <b>Wednesday, October 1</b>	<b>St. Thomas &amp; Herman's</b> Harmonies starting <b>Peter Høst</b> 1 p.m. • <b>Saturday, October 4</b>
<b>Phil Engvall</b> 1 p.m. • <b>Thursday, October 2</b>	<b>Jennifer Høst</b> 7:00 p.m. • <b>Saturday, October 4</b>
<b>David O'Connell</b> 7 p.m. • <b>Thursday, October 2</b>	

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\*Opening Ceremony & Festival Live Concert

# MAKE A BREAK FOR MINOT!

We're ready for you.

## Integrity Jazz Festival

*Presented by the Minot Arts Council of the Arts*

The Minot Arts Council of the Arts announces an exciting line-up for the 15th annual Integrity Jazz Festival. Headlining the event are the Calk Twins led by the grandson of the Famous Calk Calloren, Child after Calloren in color. The whole audience will be laughing and weeping to the irresistible rhythm. "Don't nobody singing in the 1950s" friends, remember Calk Calloren? as he threads his lute into the air, and in his steel Calk jumps, hawks and signals to the band to begin another paper chase.

Music lovers can settle in for a full day of rousing entertainment from 11 a.m. to 8 p.m. at downtown Park. The family-friendly atmosphere includes artists and vendors, games, food and just enough "good juju".

The Integrity Jazz Festival is also planned to present the Spring Green in the "of the stage". The

town's style showrooms in brilliant stand of location Lake and Classical elements. The Carpenter that Club Band from Minot will take their impulsive from Gypsy Jazz and swing. Local Frontiers Bohemia Stone and a Youth to Night led by Minot's values raised out the day.

You can get up close and personal with the artists at the jazz festival that follows the festival at Stevens Restaurant. Join us - you'll be glad you did!

Tickets for the June 20th event are \$15 in advance or \$20 at the gate, and are available at the Minot Arts Council of the Arts office (12 Main Street South) the 20th and Minot (1338 South Broadway) by telephone, 701-839-4342 or on the website [www.minotjazzfestival.com](http://www.minotjazzfestival.com).



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## Nodak Speedway: Minot's source for weekly auto racing

The Nodak Speedway, located at the North Dakota State Fairgrounds, is one of the fastest 1/2-mile race tracks in the nation. The Nodak Race Club, beginning its 41st season of racing, is the only club to offer weekly auto racing in the United States. With races being held predominantly on Sunday nights, the Speedway boasts over 15 categories, featuring MGA Hobby Stocks, MGA SuperMods, MGA Black Cats, and MGA Stockbeds including Sprint Cars and Late Models for special events. Don't miss the action each Sunday on the "Wayward Power" event by bringing your nation's number 1 spectator sport auto racing.

### Summer Schedule

May 8 Practice  
May 13 Opening night  
May 16 Regular Race Night  
May 23 Memorial Day Weekend  
May 28 Memorial Day Military Appreciation

June 3 Late Model Special  
June 10 Regular Race Night  
June 15 Regular Race Night  
June 22 Grand Tour  
June 25 Late Model Special

July 4 4th of July  
July 8 Dakota Classic Tour  
July 11 State Fair Classic  
July 22 State Fair Week

August 3 Regular Race Night  
August 10 Regular Race Night  
August 17 World of Outdoors  
August 24 Championship Night  
August 29 Motor Magic Casino  
August 30 Motor Magic  
August 31 Motor Magic

For more information, visit the Nodak Speedway website at [www.nodak.com](http://www.nodak.com) and join them on Facebook.

## Magic City International Dragway: A fun place for drag racing Satisfy your need for speed!

Magic City International Dragway (MCID) in Minot, ND is located at the east end of the North Dakota State Fair Grounds. MCID is an 1/8-mile asphalt, IHRA sanctioned drag strip. They use a Computerized Timing system. All racers logged and individually graded for events.

Races run on specific weekends. The current schedule for 2016 is:

- May 17 or 18 — Test and Tune
  - May 24 to 25 — Minot Hot Classics
  - May 27 to 28 — MCID Spring Nationals (Sprint Race on Saturday)
  - June 26, to 27 — Summer Kick Off
  - July 5 to 6 — Independence Classics
  - Aug. 5 to 13 — Hot August Nationals
  - Aug. 29 to Aug. 30 — Motor Magic Event
  - Sept. 14 to 15 — MCID Season Finale
- MCID has an open Test and Tune on Saturday and Sunday in 1/8th mile races on Saturdays and a Street Car/Mile Shortstart on Sunday evenings (if enough people want to participate and time allowed). Sunday is the polo's racing day. These races are open to anyone! Sunday is the polo's racing day. These races are open to anyone! Sunday is the polo's racing day. These races are open to anyone!

MCID has many features that are useful to those traveling

from farther distances. Visitors can camp on the grounds, and there are no restrictions on the people to enjoy.

If you are looking for somewhere to stay, outside the area of the race track, there are a variety of hotels outside the grounds, as well as a number of restaurants available to eat. If you come in and out of the race track as you like during the day.

The prices to watch the races on Saturdays and Sundays are \$8 for adults (15 and over), \$5 for children aged seven to 13, and free for kids aged six and under during all races on the weekends, with the exception of Motor Magic, which is \$10 for adults (15+) \$5 for children aged seven to 13, and free for kids aged six and under.

The fee for racing depends on the class that the racers will be in. Anybody can race, selling on the day, as well as driver's licenses from these home states or provinces. But anyone who is under 18 needs to get signed permission from their guardian. All vehicles, from streetcars to high speed dragsters, can be driven in the races. Children from eight years old and up can race in a junior dragster, but the vehicles have to be inspected and approved.

If you are looking for a fun way to spend your weekend, MCID is the place to go for additional information, please visit [www.mcinternationaldragway.com](http://www.mcinternationaldragway.com) or call (701) 833-4455. The most recent information and special events are posted on the website, as well as downloadable flyers.



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# MAKE A BREAK FOR MINOT!

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### FREE Concerts in Minot, ND — Why not?

"Fests in the Parks" concerts are held every Thursday at 7 p.m. and Sundays at 4 and 7 p.m. in Old Park beginning with the Minot City Band June 5th and ending with everyone's favorite themed event, "In the Hat" August 7th. Call the Minot Area Council of the Arts at (701)852-2287, or visit [www.mnarts.com](http://www.mnarts.com).

#### 'See you in Minot!

#### June

- 8 City Band / Ross Mathis
- 12 Jason Hurdle, jazzier and comedy/ Wendy Volcker

- 15 Drew Cluff & the Bullheads Express/ David Milstead, acoustic

- 19 International Brass Quintet / Pat Marquardt, painting

- 22 The Five of Us @ 4 PM / Jacques' Younger, "Grandma Butterly"
- 188th Army Band @ 7 PM / Jacques' Younger, "Grandma Butterly"

- 26 Voices of Hope/ Linda Olson, poetry

- 29 City Band/ Sharon Devries, wood burning

#### July

- 3 Minnet Delgado / Amanda Francis (acoustic) / Wend

- County Historical Soc. (Adjacent to ND State Fair grounds)

- 6 Munda Dedoushian/ Sheila Ellingboe, painting

- 10 City Band "Patriotic Concert"/ artist: also

- 13 The Sunny Band of Minot / Kevina Riley, crosses

- 17 City Band "Gospel" / Mandi Zwaveling, cello/ Dana Mearns, toy tin Organoids

- 20 IMB Band / Tina Hjortstated

- 24 The Elance Company / Nancy Harless

- 27 GreenMan Band / Society for Creative Anachronism

- 31 Munda's Muggins / Kathleen Cunningham, handmade envelopes

#### August

- 3 Dakota Rose Band / Amy Alexander Smith

- 7 "No the Hat" featuring the Brakelers/ Dakota Crookers classic cars / root beer floats by Sons of Norway / Geyser, balloons and more by St Peters

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# ON THE SCENE

## #1 AM ANDREA MENARD VIP PRE-PARTY

It was all about saying thank you in appreciation for their generous support of the Royal Symphony Orchestra this season with fund donors were invited to a champagne, appetizers and flowers on May 1 at the I Am Andrea Menard VIP Pre-party, held at Crave Kitchen & Wine in downtown Regina.

The private reception featured guest artist Andrea Menard who released her new album, *Lift*, at the May 3 concert with the RSO.

GC PHOTOS BY TROY FLESCHE

1. Robert Walsh, left, and Andrea Menard

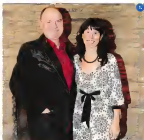
2. Cheryl and Jim Roth

3. Michelle and Rod Hunter

4. Doree Brenner and Robson McKay

5. Helene Hagelaker, left, and Mario Buchholz

6. Krista Solheim, left, and Sara Solheim



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# DONNA MILLER

## A Family of Our Own: Second book in the Help I'm Naked series

A Family of Our Own is my second book, the sequel to Black Pury of the series Help I'm Naked.

Help I'm Naked is a true story about me and my family — mostly the women. It's an account of the daughter's harmed and violence we have suffered and stalked reaching consequences over the generations.

It's a letting go of secrets that have kept us captives in our own patches, secrets that have made us the victims, the guilt and shame, a story about a dark confederate.

Help I'm Naked is a memoir that speaks of hope and triumph over confusion, loneliness and despair. Read my series and you may spot some of yourself in it or at least gain a better un-

derstanding of "why women put up with it" and "why abused children don't speak up."

Black Pury won an award in March for best non-fiction at the Great North West Book Festival.

Book 1, Black Pury, and Book 2, A Family of Our Own, are available at Stokken Worth Publishing and at most bookstores.

You can also get them at the Pharmasave drugstores in Stokken and Baggot, at the antique stores in Redwood and Delta, the Bookstore Coop, The Store in Portsoy and at Publix Drugstore in Bethel. Black Pury is also available on iBook.

Check out Black Pury on Facebook for dates of readings and signings from both of my books. I live just outside of Augsburg.



Author Donna Miller



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# SHARP EATS

# SASKATCHEWAN FOOD TRENDOS

## The five 'Ws' about CSAs

By Jenn Sharp

### CSA – what is it?

Commonly exaggerated (or shared) sentiment is a way to buy food produced by farmers in Saskatchewan while supporting the local economy. Consumers get the benefit of a steady supply of produce throughout the growing season but they also share the risk (when bad weather ruins a crop, there may be little or no produce).

### How does it work?

Members buy subscriptions at the beginning of the growing season for sometimes for a full year for a share of the anticipated harvest. They then receive weekly or bi-weekly boxes of vegetables and fruit. Some CSAs have the option of adding on honey, eggs, meat and dairy products.

### Where can you find one?

**THE GREEN RANCH:** [www.thegreenranch.ca](http://www.thegreenranch.ca)  
 • A local food production and marketing company near Regina. Along with their own all natural growing operation, owners Tim and Celia qualify partner with other producers to help them sell their food through CSA shares and an online retail store.  
 • Offers meat, egg and vegetable CSAs in Regina and Weyburn. Items ordered through the online store are delivered three times per week to Regina.

**ETOMAM ORGANICS ECOFARM:** [www.ecofarm.com](http://www.ecofarm.com)

• Located in Wilkie Bay, owner Nori Nea delivers his organic produce everywhere from Regina and Red River to Agassiz, to Saskatoon and Prince Albert (just a month in the winter, there is a month in the summer). He also offers certified organic beef and poultry, along with honey, perennials and even pickles.  
 • A CSA contract runs from May to April. Root vegetables and frozen produce is delivered out in the winter.

**LIDIANA FARM:** [www.warshawfarm.ca](http://www.warshawfarm.ca)  
 • Small plot intensive urban farming 15/20/30/40/50 acres in Saskatoon.  
 • Offers weekly subscription boxes but also out for 2014 season. You can still sign up for



(From left) Brenda Selinsky, Lauren Schellen and Lana Van Dille pack food boxes every Wednesday and Thursday at BodyFit/Organics for delivery to customers. The boxes are a great alternative if your summer schedule is less predictable to top share in a CSA. (CP Photo by Jenn Sharp)

The Customs Club where available produce is loaded out once a week and can be ordered for pickup or delivery.

**PAYDIRT FARM HERLOOM CSA:** [www.paydirtfarm.ca](http://www.paydirtfarm.ca)

• Saskatoon's only all herbicide organic CSA operated by Grant Black and Patricia Robertson near Wilkie. Black has four generations of Saskatoon's agricultural roots. His maternal great-grandparents (a professional gardener and a school maid of Buckingham Palace) immigrated to Western Canada in 1913 to open a market garden.  
 • Delivers six times between June and September to a central Saskatoon address. A full share is \$60 a bag.

### When does ordering begin?

Every CSA is different but most require a first payment and contract by the end of May (you have until June 5 with Paydirt Farm).

### Why would you want to support a CSA?

The CSA owners and other farmers/producers are the best equipped to answer the "why support local?" question. Here is a sampling of their answers:

#### VEGETABLE QUALITY AND TASTE

Organic herbicide vegetables are safer and taste better than what you'll find in the grocery

store. Herbicide varieties offer more colours and shapes than varieties hybrids and genetically modified vegetables, such as European giant romaine varieties, lemon shaped cucumbers and black Agassiz radishes. Organic herbicide growers like Paydirt Farm use natural growing methods for their CSA: no GMO seeds, no pesticide-based pesticides and no synthetic fertilizers.

#### STeady SUPPLY FROM A LOCAL SOURCE

By joining a CSA, you also build a direct connection to your local vegetable farmer and you support a family business. Our CSA model for fresh produce distribution to its membership, in six local packages – mail share to late September or in grower's own



# SHARPEATS

## HEALTH BENEFITS

Freshly harvested organic vegetables are rich in vitamins and minerals. For example, organic asparagus contains an average 118 times more iron than non-organic asparagus. This healthy choice means you can avoid its pesticide residues found by USDA pesticide data on non-organic asparagus.

— **Pydette Fure's Grant Black and Patricia Robertson**

## EDUCATION

People understand where their food comes from and that there's risk involved in growing food. For example, in June 2013, we got halted and completely. We didn't have a CSA that year, but if we had, there wouldn't have been a crop of anything. A true CSA shares that risk between farmer and consumer.

**LOCAL FOOD BENEFITS**

A smaller carbon footprint (growing food grown close to home) learning to cook and eat what grows well in each region using the freshest veggie available in season.

## VARIETY IS THE SPICE OF LIFE

Growing exposure to a variety of foods that one might not normally get in their shopping cart at the grocery store, like heritage vegetables. I found that being a part of a CSA helped me to research recipes and cooking practices for different vegetables as I tried to make use of everything in the basket it added variety to our diet and menus.

— **Pine View Farms co-owner Melaine Boldt**

## TOMATOES

There's nothing better than garden tomatoes.

— **Urban Farm owners Will**

**Brooks and James Stachiwski**

## Are there other ways to buy locally grown food?

Besides visiting the many farmers' markets that operate at this time of year, there's a handy option for buying organic, local produce in Regina: Holy Paul Organics opened at 1811A Osborne Street in 2005.

Owner Lisa Van Dyk made the move to organic food after her son struggled with an illness that had him taking rare antibiotics. With help from a naturopath and dietitian, she discovered organic food decreased the toxin load on his body and improved his health.

"The nutritional value in my experience is much better. I can better nourish food organic food. It's what grandma's food tastes like," she said.

Holy Paul is a retail grocery store and offers products from growers in Saskatchewan along with small farms in British Columbia. A retail delivery service is available to all of Regina and several nearby towns. Pre-selected produce and meat bins along with individual items can all be ordered online at [www.holypaulorganics.ca](http://www.holypaulorganics.ca).

If it's meat, you're after poultry and livestock from Pine View Farms is raised in a humane, stress-free environment on vegetable diets and without growth promoting medication or hormones. It's sold on store throughout the province (including Holy Paul Organics) and featured on menus of Saskatchewan's best restaurants. Visit [www.pineviewfarms.com/items](http://www.pineviewfarms.com/items) for a list of store locations.

[jayash@holypaulorganics.ca](mailto:jayash@holypaulorganics.ca)

[www.pineviewfarms.ca](http://www.pineviewfarms.ca)



Archy New, owner of Elmwood Organics, sells young shares in his produce, with the option to add-on meat, honey, parmesan and even pickles. **SUBMITTED PHOTO**

**CELEBRATE MOM**

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UNFORGETTABLE MOMENTS



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# OUTSIDE THE LINES



## # Colouring contest

Each week artist Stephanie Molloy creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [qc@leaderpost.com](mailto:qc@leaderpost.com). One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Veronica Hamilton**.

Congratulations! Thanks to all for your colourful submissions. Try again this week!



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## #CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Joints come to this  
2 Rules of a game  
3 Foreigner with  
4 friends after game  
5 Over in the  
6 document  
7 Backfire  
8 Ambush hotel  
9 Measure part that  
10 out of this world  
11 Chain who created  
12 John Lee  
13 Part of Havana  
14 Spanish drinks  
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18 Paper that may be  
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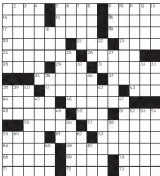


Photo by Bob D'Amico for the

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# JAMNIG  
CLASSIC  
SUDOKU

## LEVEL: SILVER

Fill the 10x10 cells  
using numbers 1 to 9.  
Each number can  
appear only once in each  
row, column and 3x3  
block. Use logic and  
process of elimination  
to solve the puzzle.

The difficulty level  
ranges from Bronze  
(easiest) to Silver  
(hardest).



Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 31.

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In The  
Rest!*

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**Friday 11-13**  
**Saturday 11-13**  
**Sunday 11-17**

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## EVENTS

What you need to know to plan your week.  
Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, May 7

**Wednesday Night Polka**  
**Reins to Hazzarders**  
Reinsweeper  
2206 Dewdney Ave.

**Wayback Wednesday with**  
**Leather Cubes**  
McNally's, 2206 Dewdney Ave.

**The Gaur Grains, Rats Out,**  
**PPG**  
The Club at the Exchange  
2431 Eighth Ave.

Thursday, May 8

**Noise Fest**  
Featuring: Gunner, Slopstone,  
Small City Blues, Electric  
Mother and more  
The German Club  
1727 St. John St.

**Real Poschov, Slim City**  
**Pickers, Hick Pyle & the**  
**Deputies**  
McNally's, 2206 Dewdney Ave.

**Sockapunch PlayBn.**, the  
Misreling Marlin Marshall  
and more, Polka-pick  
Artful Dodger, 1631 19th Ave.

Friday, May 9

**George Thompson & The**  
**Destinyes**  
Casino Regine Show Lounge  
1650 Saskatchewan Dr.

**Laska, Nigara**  
Ovations, 1947 Scarth St.

**Andino Sam, The Bureau**  
The Exchange, 2431 Eighth  
Ave.

**Charlie, Monette, Highway16,**  
**Alone I Walk**  
The Club at the Exchange  
2431 Eighth Ave.

**Big Chill Friday**  
The Lanesbar, 4529 Gordon  
Rd.

Noise Fest



The *Asolo Sues* are celebrating the release of their new album, *It's Time to Start Our Party*. SUBMITTED PHOTO

Featuring: Vu Du Hien, Pearl  
Notes, Reinhold Romo, The  
League of One and more  
The German Club  
1727 St. John St.

**Charlie Monette, Highway16,**  
**Alone I Walk**  
The Club at the Exchange  
2431 Eighth Ave.

**Tim Romanow & Cattle**  
**Bites**  
Edwards, 2306 Dewdney Ave.

**Alan Runn**  
The Whiskey, 1047 Park St.

**P.O.S.D.O.S.**  
McNally's, 2206 Dewdney Ave.

Saturday, May 10

**McNally's Fifth**  
Regina Symphony Orchestra

8 p.m., **Cineplex Arts Centre**  
200 Lakeshore Dr.

**Cougars in America**  
Freehouse, 2062 Albert St.

**Tim Romanow & Cattle**  
**Bites**  
Edwards, 2306 Dewdney Ave.

**Alan Runn**  
The Whiskey, 1047 Park St.

**P.O.S.D.O.S.**  
McNally's, 2206 Dewdney Ave.

Sunday, May 11

**Lord Earth, Sebastian, Resonance**  
U of R Diddo Centre

Monday, May 12

**Monday Night Jazz & Blues**  
Nouvel Midnight

**Bushwacker**  
2206 Dewdney Ave.

**Weekly Drum Circle**  
Instructors provided  
7:30-9 p.m., The Living Room  
Centre, 3088 Owen Dr. Call  
Mike 306-552-2811.

Tuesday, May 13

**Karaoke**  
McNally's, 2206 Dewdney Ave.

## # COMEDY

**Are You Mom Enough?**  
Ten-recess show about the  
comedy of motherhood  
May 8 and 10, 6 p.m.  
Creative City Centre  
1843 Hamilton St.

**Red Hot Hot**  
May 10, 4 p.m.

The Artesian, 2627 13th Ave.

**The Laugh Shop**  
Live standup every Sunday  
night, 9-10 p.m.  
Ramsay Hotel, 1618 Victoria  
Ave.

## # PERFORMANCE # VISUAL ART

**The Homemaker**  
Hock Theatre  
May 7-10, 8 p.m.  
The House of Dance, 2207  
Harvey St.

**How to Give Feedback**  
Workshop for poets and  
performers  
Every Thursday, 3-4 p.m.  
Creative City Centre, 1843  
Hamilton St.

**Shangri-La**  
Written and performed by

**Judy Wenzel**  
May 8, 6 and 10 p.m.  
The Artesian, 2627 13th Ave.

**Spring One-Art Gala**  
Regina Little Theatre  
May 9-10  
Regina Performing Arts Cen-  
tre, 1077 August St.

**Men of La Menche**  
Until May 11  
Globe Theatre, 1801 Scarth  
St.

**Ventrapped: The Sounds of**  
**MUSIC**  
Until June 13  
Applegate Devine Theatre,  
Lower level, 1973 Broad St.

## # DANCING

**Dinner and dance**  
Fundraiser for breast cancer  
awareness  
May 10, 5:30 cocktails, dance  
runs 9 p.m.-1 a.m., with live  
music by JJ Voss  
Austrian Club,  
320 Maxwell St.

**Dance With Class**  
Open to everyone 8 p.m.  
May 10, 8 p.m.-midnight  
3525 Winnipeg St.

**Regina Bellroom Dancing**  
Club practice dance  
May 10, 7:30-10:30 p.m.  
Lakeview United Church Hall,  
3200 McCullum Ave.

**Wascana Spring Art Show**  
at City Centre  
May 8-10, 10 a.m.-6:30 p.m.  
May 10, 10 a.m.-4 p.m.  
Wascana Rehabilitation, 2180  
23rd Ave.

**Are You What You Repeat?**  
by Dr.  
New work by Articulate Ink  
Until June 15 Opening recep-  
tion May 9, 7 p.m.  
The Hagan Gallery, Creative  
City Centre, 1843 Hamilton  
St.

## EVENTS

## Art in Bloom

Works offer a variety of textures, colours, patterns, and materials. UNTIL Aug. 24. Lunenburg & Pictou Street May 8 & 9, 10 a.m. MacKenzie Art Gallery, 3475 Albert St.

## Papar

UNTIL May 10. State Fine Art Gallery, 2 018 Halifax St.

## Sunday Art Market

Visual artists, designers, authors, illustrators, live music. Food and more. May 9, 200-1 p.m. Colchester Northwoodland Centre, 2900 12th Ave.

## Laurian MacKenzie: Rehearsal

The flowers in her paintings are suspended heads down, in various stages of decay. UNTIL May 12. Artist talk, May 12, 7:30 p.m. Art Gallery of Regina, 2420 4th Avenue St.

## Madely Armstrong: Pattern Series

UNTIL May 11. Myrtis Gallery, 2708 12th Ave.

## W.H. Webb

UNTIL May 29. Astoria Gallery, 2068 Smith St.

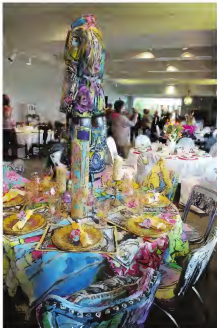
## KC Adams: Birch Bark Ltd.

Whispering artist KC Adams presents an installation of 24 portrait birch bark sculptures. UNTIL June 4. Sherwood Gallery, 6121 Haskins Rd.

## Genskens

What does it mean to be Canadian? Works by Canadian artists including Augustus Kenderdine, Dorothy Knowles and Ernest Luthi. UNTIL June 14. MacKenzie Art Gallery, 3475 Albert St.

**Ariella Adine: we live on the edge of disaster and in a new world**  
Video installation highlighting the work of Saskatoon filmmaker Ariella Adine.



Art in Bloom is on display at the MacKenzie Art Gallery with a Lucien and Sabina show on May 9 and 9. Full photo by JENNIFER SCHLOTT

UNTIL June 14. MacKenzie Art Gallery, 3475 Albert St.

**What's Afraid of Purple, Orange and Green?**  
The feminist arties of the

modernist movement of the 1960s are being reconsidered by female Canadian artists at various stages of their careers. This group exhibition brings together new works by artists

from across Canada. UNTIL June 20. Dunlop Art Gallery — Central Branch, 233 12th Ave.

Jay Wolan: Untitled

Toronto artist Jay Wolan's unique work for Central Library's east-facing windows explores line, geometry, pattern and elements of chance using various media. UNTIL June 20. 9th, Central Branch, 233 12th Ave.

## Essence of Place

The Artists of South Saskatchewan Fine Arts. New exhibitions quarterly. UNTIL July 21. Regina Centre Creative, 1621 Albert St.

## Forever's Gallery

2144 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

## Continued with Fine Arts

Oil and ink paintings by Chinese artists Linping Jiang and Huiyi Fan. 2120 Smith St. Open Monday to Saturday, 10 a.m.-5 p.m.

## # FOR FAMILIES

## Bites and Strollers

Wednesday, 10 a.m. Chrysler Gallery Southland Mall, 3025 Gordon Rd.

## Bake a Difference

Combat bullying through baking, spreading kindness with a cookie. Wednesday, 5-7 p.m. Sweet Antennae Bakehouse, 235 Winnipeg St. N.

## Drop In Indoor Playground

Friday, 5-11:45 a.m. South Leisure Centre, 710 Sunset Dr.

## Morn and Tot Bored Meetings

Hosted by Katie Munay, 206-215-2511. Friday, 10-11:30 a.m. Early Learning Family Centre, Scott Collegiate, 2350 7th Ave.

## Singing With Sylvia Chavez

May 9, 10:30 a.m.-5 p.m. Royal Saskatchewan Museum, 2445 Albert St.

## Build and Grow Clinics

Build a special feature project. For children ages 5 and up. Saturday, 10 a.m. Loaves, 4555 Gordon Rd.

## Family Favorites Film

Enjoy a favourite film for just \$2.50. Saturday, 11 a.m. Galaxy Cinema, 420 McCordy Blvd. N.

## Family activities

Saturday and Sunday, 2 p.m. Saskatchewan Science Centre, 2900 Powerhouse Dr.

## Family Studio Sundays

Sunday, 2-4 p.m. MacKenzie Art Gallery, 3475 Albert St.

## Parent and Preschooler

Jungle Gym. Monday, 9:30-11 a.m. At Rhythmic Family Fitness Centre, Core Rhythmic Neighbourhood Centre, 443 14th Ave.

## Science Time for Kids

Interactive workshop aimed at early learners. Tuesday, 9:30-10 a.m. Saskatchewan Science Centre, 2900 Powerhouse Dr.

## Mom's Morning Out

2:00-4:00 p.m. at Astoria Gallery, 2068 Smith St.

## Mothers of Pre-Schoolers

(MOPPS) Rosewood Park Alliance Church, 5000 Greenwood Park Rd.

## Regina Newcomers Club

reginaneewcomersclub@gmail.com

## Time Out For Parents

At Rhythmic Family Fitness Centre, 230-12th Ave. St., 206-525-0585, arhp@rhythmict.net

## Y's Meets Group

Y182, 2000 12th Ave., 206-763-9622

# EVENTS

**Y's Men's Group for Multitables**  
YMCA, 2400 16th Ave., meets the third Thursday of the month at 9:30 p.m.

**YWCA Regina**  
2940 McIntyre St., 306-525-2348

## # MUSEUMS

**Alma Wood School Museum**  
603 Fourth Ave.  
Tuesday appointment only  
(306-523-3000)

**CHS Museum of Regina**  
1275 Broad St.  
Tuesday-Friday 10 a.m.-4 p.m.  
Saturday noon-4 p.m. Closed Sunday and Monday

**Gower Street House Museum & Heritage Property**  
4527 Gower St.  
9 a.m. to 4 p.m., closed Mondays

**ICMHP Heritage Centre**  
3907 Dowling Ave.  
Open 9 a.m.-5 p.m. daily

**Regina Firefighters Museum**  
1205 Ross Ave.  
Tuesday appointment (306-777-7744)

**Royal Saskatchewan Museum**  
2645 Albert St.  
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military Museum**  
6009 Dahlrohn St.  
Open Monday and Thursday, 7-9 p.m. or by appointment (306-347-9346)

**Saskatchewan Science Centre**  
2503 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday, Sunday and holidays, noon-6 p.m.  
Closed Mondays

**Saskatchewan Sports Hall of Fame**  
2205 Victoria Ave.

Monday-Friday 10 a.m.-4:30 p.m.  
Saturday noon-5 p.m.  
Closed Sunday

## # OTHER HAPPENINGS

**Regina Farmers' Market**  
Wednesday and Saturday 9 a.m.-1 p.m.  
City Square Plaza, downtown

**SCMP Sergeant Majors Parade**  
Wednesday, Friday and Monday, 12:45 p.m.  
SCMP Depot division, 1400 18th Ave.

**Monthly ALES Meeting**  
Discussing Canadian craft beers. New members welcome.  
May 7, 8 p.m.  
Bassment club room, Rush-walker, 2206 Dewdney Ave.

**Art in Bloom**  
Lunch and fashion show  
May 8 and 9, 9 a.m.  
Manikato Art Gallery, 3475 Albert St.

**Titanium**  
Art auction/volunteer fair  
May 6, 6:30-10 p.m.  
Corcoran Arts Centre, 390 Lakeshore Dr.

**Sask. Professional Fire Fighters Calendar Selection Night**  
May 8, 7:30 p.m.  
Casino Regina Show Lounge, 1610 Saskatchewan Dr.

**Saskatchewan Fashion Week**  
May 8-10, 6 p.m.  
Sourd Stage, 1831 College Ave.

**Jehudi & Penelope's Evening**  
Speaker Shelia Kahlman, entertainer Bev Eddy  
(Email: jehe@jehe.com) set for tickets (\$95)  
May 9, 6:30 p.m.  
Quebecan Convention Centre, Evans Place

**Taste of Spring**  
May 9-10, 6:30 p.m.  
Credit Union Centennial, Evans Place

**Cornwall Plant Sloth, Corolla, and Brown's Blough**  
See hawks, waterfowl, shorebirds and songbirds, walk through nature trails  
May 10, 9 a.m.-1 p.m.  
Meet at the Royal Sask. Museum parking lot, 2443 Albert St.

**The Real Flea Market and Garage Sale**  
May 10, 9 a.m.-4 p.m.  
Agriculture Building, Evans Place

**The White City/Emswold Park Warm-Up**  
May 10, 9 a.m.  
White City Community Centre, White City

**Tourtelemarre**  
Becomes a better public space? Contact Dawn at 306-352-2039

Every Saturday, 10-11:30 a.m.  
Knox Metropolitan Church, room 101, 2340 Victoria Ave.

**France Club**  
Practice and improve your spoken French.  
May 10, 10-11:30 a.m.  
U of W Institute Francais Rouleau, second floor Language Institute Building.

**Science Rendezvous**  
More than 20 activities including the high school science quiz competition  
May 10, 3 p.m.-3 p.m.  
University of Regina

**Mother's Day Tea and Baked Sale**  
May 10, 3-4 p.m.  
St. James Anglican Church, 1109 Empress St.

**Charity Royals**  
May 10, 7 p.m.  
Casino Regina Show Lounge, 1610 Saskatchewan Dr.



Here fun and frantic Sunday Science Rendezvous. PUT HYDRO CYCLES IN IT!

## EVENTS

**Holler Derby**  
Hole or Bones Derby Club  
May 10, 7 p.m.  
Calleo Curling Club 2235 Sen-  
den Schreiber Way

**Women's Festival**  
Nevada that we Winnipeg No-  
more! Festival  
May 13, noon  
Mosaic Stadium

**Chewy Challenge**  
Dine in gathering of local  
pet owners and  
every Tuesday, 6 p.m.-mid-  
night  
Boston Pizzeria, 545 Albert St. N.

## # NEW MOVIES

**Legends of Oz Dorothy's Return**  
Family Unrated  
Dorothy wakes up in Kansas  
to find her town has been  
devastated by the tornado  
that last whisked her away  
to the magical Land of Oz.  
She suddenly finds herself  
transported back to Oz, her  
old friends the Scarecrow, Tin  
Man and the Cowardly Lion  
have been captured and  
the state is in a state of despair.  
As Dorothy begins to find  
and rescue her friends, she  
encounters a number of new  
companions. They must band  
together against a wicked  
Jester who will stop at nothing  
to get to Oz to make his twisted

**Heaven's Night Out**  
Comedy  
When Alyson (Suek Snow)  
and her friends want more  
than anything to be home  
a grown-up evening dinner out  
evening from the kids. For this  
to happen, they need their  
husbands watch the kids for  
a few hours, hoping nothing  
goes wrong.

**Neighbors**  
Comedy  
Mac and Kelly Radner (Jack  
Heger, Rose Byrne) a young  
couple with a newborn baby,  
want to appear cool when  
a fraternity moves into the  
neighbourhood. They meet  
Tosley (Zoe Lister-Jones), the pre-  
sident of the fraternity, who



File O' Bones Derby Club action takes place Sunday night. go to holler derby.com for more info.

appears to be a nice guy. He  
promises the noise will be  
kept to a minimum. But after  
one extremely loud party, the  
couple calls the police for a  
noise violation and the first  
bros declare war.

**Galaxy Chronicles**  
420 McGinty Hotel, 306-585-  
3333

**Chesler Odson**  
Scott Hired Mail Chimes  
3025 Gordon Rd., 306-585-  
3333

**Rainbow Chronicles**  
Golden Mile Shopping Centre  
3095 Albert St., 306-308-5259

**The Lunchbox**  
Drama/Romance  
A mistaken delivery in Mumbai's  
famous efficient lunch-  
box delivery system connects  
a young housewife to an older  
man, and they build a fantasy  
world together through notes  
in the lunchbox. In Hindi and  
English.

**Jedermann's Dane**  
Drama/Mystery  
The story of cult film director  
Alejandro Jodorowsky's  
ambitious but ultimately  
doomed film adaptation of  
the biblical story of the

novel, Dane.

**Angela Public Library Theatre**  
2311 12th Ave., 306-777-8004

**Fight of the Butterflies**  
Documentary  
Ain't hundreds of millions of  
butterflies on an amazing  
journey to a remote hideaway  
in the mountains of Mexico.

**Kempel Animal Kingdom**  
Documentary  
Discover Kenya's famous  
savanna in their natural habitat,  
including the Big Five — lions,  
African elephants, Cape  
buffalo, leopards and black  
rhinos — and giraffes, hippos  
and cheetahs. About two hours  
long, featuring music and  
hosted on their natural habitat.

**Island of Lemurs Madagascar**  
Documentary  
Join scientist Patricia Wright  
on her lifelong mission to help  
endangered lemurs survive in  
the modern world. Narrated  
by Morgan Freeman.

**Kramer Ink**  
29-03 PowerHouse Co.  
306-326-4439

*Send details on a free version of  
Dane to go. Listings will be posted if  
space permits.*

## WINE WORLD

## # SASKATCHEWAN WINE SCENE

## Inexpensive Malbec intense enough for young palates

By James Romanow

The past few years have seen a rise in the modern version of negotjats. Originally these were French businessmen, wine shoppers who bought and blended wine for customers under a label that as time went on and the world modernized, became a brand. (Malbec is a classic one such brand that most consumers have seen.)

Once sceptical people discover exactly how the margins are so wide making they move on. An obvious move is to buy wine in bulk, in package and ship it. The result is any number of labels like Layer Oaks and The Sockeye, new style negotjats who seek producers on foreign continents and blend the wine.

If you're a devoted Malbec person you are probably shocked to see a negotjat wine. I am not sure that is the intention of the negotjat as I find them, somewhat irritatingly proud for the quality they offer. However, none of the Malbecs are going to be taken to be.

One possibility is to treat a negotjat to choose for you. The Sockeye has just entered the market here with an inexpensive Malbec wine that may suit people looking for a sort of secondary quality control in their backside.

It's a pleasant wine, not terribly intense, with a black cherry palate and a peppery finish. But probably more than anyone expects for the price. It's not sure if it will appeal to folks in their 60s. The palate is



dry, probably around two grams sugar per litre, with a dash of tannins and Cabernet Sauvignon to provide some structure.

If you're determined to drink only from Argentina, this is a reasonable wine at an interesting price.

The Sockeye Malbec, \$16.99  
More and other beverages in Monday's paper  
not on Twitter @jromanow

## Crossword/Sudoku answers

DADE	JUMP	NEWAT
ITON	ORCA	ACELA
SWORDBILT	POTON	
COBAN	ITA	THEE
ORIGAMI	IGLOO	
SKREE	UND	RANOFF
	DELICER	TEDDY
SEA	FRANITH	SRI
PURSE	SIEGES	
ANP	MAO	ELSA
VISIONS	PIRATES	
NOMA	GED	NIPSAT
SNAKE	BARCATCHER	
FESTALS	ONYA	SEEM
MANDO	DEET	TRYA

2	8	5	3	9	4	1	6	7
1	4	7	6	8	5	3	9	2
6	9	3	2	7	1	8	4	5
5	1	9	7	3	8	4	2	6
8	3	2	4	5	6	7	1	9
4	7	6	9	1	2	5	8	3
7	2	1	5	4	9	6	3	8
9	5	8	1	6	3	2	7	4
3	6	4	8	2	7	9	5	1

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